

Abstract of the Disclosure

An Internet telephony conferencing system and an Internet video telephony conferencing system includes a plurality of conferencing servers, each controlling a plurality of conferencing bridges. Each bridge is configured to host an Internet telephony conference call or Internet video conference call between two or more telephony clients. Each client is configured to select a conferencing server for initiating the conference call based on a measurement of network quality of service between the client and the conferencing server.